



## **PHYSICAL ACTIVITY:**

### ***Fun Physical Activities - Infants***



### **Best Practice Standards**

- For birth to 6 years, provide 2-3 occasions daily active play outdoors, weather permitting
- For children birth to 6 years, 2 or more structured or adult-led activities or games that promote movement daily
- Daily supervised tummy time for infants
- Use infant equipment (swings, stationary centers, seats, bouncers) only for short periods of time, if at all

### **Age-Appropriate Movement Activities:**

- TIP: With your help, infants can move their legs as if riding a bike, clap their hands, move their arms and legs up and down and from side to side, shake a rattle or object, blow a kiss and wave goodbye.
- **PATTY CAKE BODY PARTS WHILE SITTING**
  - As you patty cake each body part say and touch the body part at the same time. Start with toes to give a good stretch then move up the body touching knees (bend them), stomach, head, shoulders etc. , when you get to your thighs raise your voice a little higher so that they can hear a difference.
- **SHAKE THE RATTLE NOW WITH ME**
  - Sung in the tune of "It's A Small World After All"
  - Sing Shake the rattle now with me. 2x Just rattle and me. I swing the rattle high. I swing the rattle low. (Raise your rattle high and low) I'll hold the rattle tight and I won't let go.(Hold the rattle close to your body) do this twice then repeat
- **BYE BYE BABY BYE BYE**
  - Wave your hand up and down as if to say bye and sing Bye Bye Baby Bye Bye. 2x Blow me a kiss and I'll make a wish and soon we'll be together one more day just like this. (Blow A Kiss to the infants)